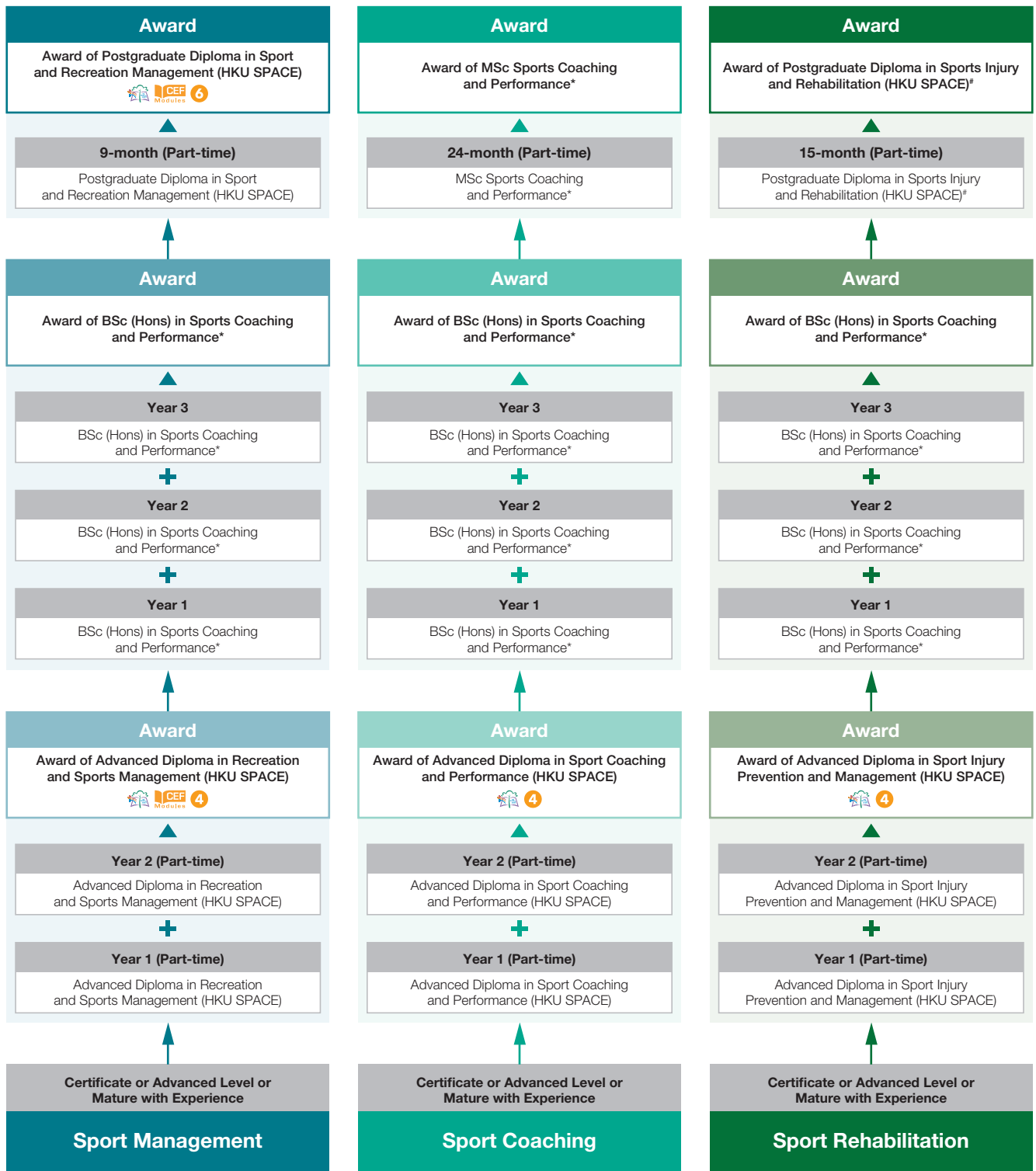


Pathways to Undergraduate and Postgraduate Studies in Sport Management, Coaching and Rehabilitation



* The offering of the programme is subject to approval.

The programme is also offered in a 12-month full-time mode.

Sports, Exercise and Recreation Management

體育、運動及康樂

Postgraduate Diploma in Sport and Recreation Management

Programme Code: HS110A

Application Code: 2445-HS110A

2587 3154

serm_pgdp@hkuspace.hku.hk



The programme aims to optimise the employment opportunities of graduates and to ensure the ongoing development and acquisition of professional skills, attitudes and knowledge in a variety of recreation and sport settings.

R Applicants shall hold a degree from a recognized institution in an appropriate subject, for example sport, social sciences, management or business, or equivalent.

If the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English, applicants shall provide evidence of English proficiency such as:

- an overall band of 6.0 or above with no subtests lower than 5.5 in the IELTS;
- HKALE Use of English at Grade E or above; or
- equivalent qualifications.

\$ HK\$37,500 per programme
Application Fee: HK\$150

D 9 months

English

Q Level 6 (Reg. No.: 13/000427/L6) Validity Period: 02 Sep 2013 - on-going

Postgraduate Certificate in Holistic Wellness Management

Programme Code: HS198A

3762 0862

serm_pgdp@hkuspace.hku.hk



This unique programme provides advanced knowledge of the contribution of physical activity and integrative approaches to wellness. It also aims to enhance students understanding of business management skills related to the wellness industry with a focus on the design of relevant and feasible wellness programmes. It is suitable for fitness instructors, personal trainers, exercise and wellness leaders, corporate human resources personnel, community organisation programme directors and other front-line health and fitness professionals seeking to further their knowledge of this area through higher level academic studies.

\$ HK\$24,500 per programme
Application Fee: HK\$150

D 6 months

English

Q Level 6 (Reg. No.: 22/000182/L6) Validity Period: 01 Mar 2022 - on-going

Advanced Diploma in Recreation and Sports Management

Programme Code: HS099A

Application Code: 2445-HS099A

2587 3154

serm_ad@hkuspace.hku.hk



This programme is designed for people who are currently working in leisure administration or recreation and sports management positions, or who intend to pursue a career in the management of leisure services.

R Applicants shall:

- have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language);
- or
- be aged at least 21 years and have three years of relevant work experience, and provide evidence of English proficiency, such as an overall band of in IELTS 5.5 or equivalent.

Applicants who have other qualifications or achievements in sports or coaching from recognised institutions or organisations will be considered on individual merit.

Applicants may be required to attend an interview and/or an English test as appropriate.

\$ HK\$25,500 per year
Application Fee: HK\$150

D 2 years

English

Q Level 4 (Reg. No.: 07/001904/4) Validity Period: 05 May 2008 - on-going

Certificate for Module (Sport and Recreation Strategic Marketing)

Programme Code: HS166A

Application Code: 2385-HS166A

2587 3154

serm_pgdp@hkuspace.hku.hk



The Certificate for Module (Sport and Recreation Strategic Marketing) provides students with the opportunity to develop a strategic understanding of marketing processes and practice from a service organization and sport and recreation management perspective. Students will be able to develop an appreciation of the skills of marketing through the study of examples and case studies from the world of sport and recreation.

R Applicants shall hold a degree from a recognized institution in an appropriate subject, for example sport, social sciences, management or business, or equivalent.

If the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English, applicants shall provide evidence of English proficiency such as:

- an overall band of 6.0 or above with no subtests lower than 5.5 in the IELTS;
- a score of 550 or above in the paper-based TOEFL, or a score of 213 or above in the computer-based TOEFL, or a score of 80 or above in the internet-based TOEFL; or
- HKALE Use of English at Grade E or above; or
- HKDSE Examination English Language at level 3 or above; or
- equivalent qualifications.

Consideration will also be given to mature age applicants who do not fulfill the academic requirement but who can demonstrate extensive industrial experience in positions requiring senior management skills. Such applicants shall have to provide evidence of English proficiency such as an overall band of 6.0 in the IELTS, or equivalent.

Applicants with other qualifications will be considered on individual merit.

\$ HK\$7,500
Application Fee: HK\$150

D 14 weeks

English

Q Level 6 (Reg. No.: 19/000683/L6) Validity Period: 01 Jun 2019 - on-going

Certificate for Module (Sport and Recreation Policy)

Programme Code: HS167A

Application Code: 2445-HS167A

2587 3154

serm_pgdp@hkuspace.hku.hk



The Certificate for Module (Sport and Recreation Policy) aims to provide students with an understanding of contemporary sport and recreation policy developments and how they frame strategic planning practices within the sport and recreation industry.

R Applicants shall hold a degree from a recognized institution in an appropriate subject, for example sport, social sciences, management or business, or equivalent.

If the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English, applicants shall provide evidence of English proficiency such as:

- an overall band of 6.0 or above with no subtests lower than 5.5 in the IELTS;
- a score of 550 or above in the paper-based TOEFL, or a score of 213 or above in the computer-based TOEFL, or a score of 80 or above in the internet-based TOEFL; or
- HKALE Use of English at Grade E or above; or
- HKDSE Examination English Language at level 3 or above; or
- equivalent qualifications.

Consideration will also be given to mature age applicants who do not fulfill the academic requirement but who can demonstrate extensive industrial experience in positions requiring senior management skills. Such applicants shall have to provide evidence of English proficiency such as an overall band of 6.0 in the IELTS, or equivalent.

Applicants with other qualifications will be considered on individual merit.

\$ HK\$7,500
Application Fee: HK\$150

D 14 weeks

English

Q Level 6 (Reg. No.: 19/000759/L6) Validity Period: 01 Jul 2019 - on-going

See legend on page 033 圖像說明於第033頁

R Minimum Entry Requirements 基本入學要求 (P.017)

\$ Fee 學費

D Duration 修業期

E Medium of Instruction 教學語言

Q Qualifications Framework 資歷架構

E Exemption 豁免

S Short Course 短期課程

For more and latest programme information, please visit our website
有關最新課程資訊及詳情，請瀏覽學院網站 hkuspace.hku.hk

Certificate for Module (Sport and Recreation Strategic Business Management)

Programme Code: HS171A

Application Code: 2445-HS171A

2587 3154

serm_pgdp@hkuspace.hku.hk



The Certificate for Module (Sport and Recreation Strategic Business Management) aims to examine the development of contemporary management and business theories and processes and the application of these to the sport and recreation industry. It considers the challenges facing sport and recreation business professionals and the strategies to deal with the complex challenges in the global context of changing social, cultural, organisational and consumer expectations. Specific attention will be applied to understanding perspectives on learning organisations, best practice, plus quality and quality assurance in the management and business context of international sport and recreation.

R Applicants shall hold a degree from a recognized institution in an appropriate subject, for example sport, social sciences, management or business, or equivalent.

If the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English, applicants shall provide evidence of English proficiency such as:

- an overall band of 6.0 or above with no subtests lower than 5.5 in the IELTS;
- a score of 550 or above in the paper-based TOEFL, or a score of 213 or above in the computer-based TOEFL, or a score of 80 or above in the internet-based TOEFL; or
- HKALE Use of English at Grade E or above; or
- HKDSE Examination English Language at level 3 or above; or
- equivalent qualifications.

Consideration will also be given to mature age applicants who do not fulfill the academic requirement but who can demonstrate extensive industrial experience in positions requiring senior management skills. Such applicants shall have to provide evidence of English proficiency such as an overall band of 6.0 in the IELTS, or equivalent.

Applicants with other qualifications will be considered on individual merit.

\$ HK\$7,500
Application Fee: HK\$150

D 14 weeks

E English

Q Level 6 (Reg. No.: 19/001091/L6) Validity Period: 01 Oct 2019 - on-going

Postgraduate Diploma in Sports Injury and Rehabilitation

Programme Code: HS242A

Application Code: 2445-HS242A

2587 3154

serm_pgdp@hkuspace.hku.hk



This part-time programme aims to equip students with a comprehensive and integrated understanding of the scientific and clinical aspects of sports injury and rehabilitation, drawing on the disciplines of sports physiology, psychology, biomechanics, strength and conditioning, and injury management. The programme prepares students to apply evidence-based and multidisciplinary approaches to the assessment, treatment, prevention, and monitoring of sport-related injuries and conditions. Additionally, the programme includes up-to-date available approaches and interventions, such as exercise, sports massage, nutrition, and technology, to develop different exercise training programmes related to health, fitness, and injury rehabilitation of athletes and/or individuals.

\$ HK\$40,000 per programme
Application Fee: HK\$150

D 15 months

Q Level 6 (Reg. No.: 25/001256/L6) Validity Period: 01 Dec 2025 - on-going

Postgraduate Diploma in Sports Injury and Rehabilitation

Programme Code: HS243A

Application Code: 2460-HS243A

2587 3155

serm_pgdp@hkuspace.hku.hk



This full-time programme aims to equip students with a comprehensive and integrated understanding of the scientific and clinical aspects of sports injury and rehabilitation, drawing on the disciplines of sports physiology, psychology, biomechanics, strength and conditioning, and injury management. The programme prepares students to apply evidence-based and multidisciplinary approaches to the assessment, treatment, prevention, and monitoring of sport-related injuries and conditions. In addition to the credit-bearing modules, students have the unique opportunity to engage in non-credit bearing Common Enrichment Modules (CEM) alongside peers from other Postgraduate Diploma programmes.

\$ HK\$120,000 per programme
Application Fee: HK\$600

D 12 months

Q Level 6 (Reg. No.: 25/001256/L6) Validity Period: 01 Dec 2025 - on-going

Advanced Diploma in Sport Injury Prevention and Management

Programme Code: HS086A

Application Code: 2445-HS086A

2587 3154

serm_ad@hkuspace.hku.hk



The overall aim of the programme is to provide students with the knowledge and skills to develop expertise in the management of injury arising from vigorous exercise and sport. It is designed to provide students with an in-depth understanding of sport injuries, preventative measures and sport injury management so that they can assist themselves and guide those under their supervision.

Students are expected to use this knowledge to underpin the development and delivery of sport and exercise programmes.

R Applicants shall:

1. have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language);

or

2. be aged at least 21 years and have three years of relevant work experience, and provide evidence of English proficiency, such as an overall band of 5.5 or equivalent.

Applicants who have other qualifications or achievements in sports or coaching from recognised institutions or organisations will be considered on individual merit.

Applicants may be required to attend an interview and/or an English test as appropriate.

\$ HK\$21,500 per year
Application Fee: HK\$150

D 2 years

E English

Q Level 4 (Reg. No.: 09/000971/4) Validity Period: 04 May 2009 - on-going

NCR¹ This is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，本課程屬獲豁免課程。

It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

NCR² These are exempted courses under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，這些課程屬獲豁免課程。

It is a matter of discretion for individual employers to recognize any qualification to which these courses may lead. 個別僱主可酌情決定是否承認這些課程可令學員獲取的任何資格。

NCR³ The course operator is applying for exemption under the Non-local Higher and Professional Education (Regulation) Ordinance. 課程主辦人正根據《非本地高等及專業教育(規管)條例》辦理豁免註冊手續。

It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

Sports, Exercise and Recreation Management

體育、運動及康樂

Advanced Diploma in Sport Coaching and Performance

Programme Code: HS117A

Application Code: 2445-HS117A



2587 3154

serm_ad@hkuspace.hku.hk

This programme aims to provide students with cutting-edge information and practical experience to pursue a coaching career in youth sports, tertiary and Olympic or professional sports. Students in the programme will learn current practices in sport identification and development, coaching methodology, sport psychology, applied biomechanics, strength and conditioning, application of research, and the administration of sport programs. It will enhance their understanding of coaching programming to meet the specific needs of clients that they are supervising in the community.

R Applicants shall:

1. have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language); or
2. be aged at least 21 years and have three years of relevant work experience, and provide evidence of English proficiency, such as an overall band of in IELTS 5.5 or equivalent.

Applicants who have other qualifications or achievements in sports or coaching from recognised institutions or organisations will be considered on individual merit.

Applicants may be required to attend an interview and/or an English test as appropriate.

\$ HK\$26,265 per year
Application Fee: HK\$150

D 2 years

E English

Q Level 4 (Reg. No.: 09/000969/4) Validity Period: 01 Oct 2009 - on-going

瑜伽導師訓練證書 (中級)

課程編號: HS234A

報名代碼: 2385-HS234A



2587 3153

serm_sc@hkuspace.hku.hk

本課程按照瑜伽聯盟 (Yoga Alliance) 的標準設計，主要為已完成本學院「瑜伽導師訓練證書」課程或持有瑜伽聯盟標準的 RYT 200 瑜伽導師訓練證書人士而設。課程旨在提升學員的瑜伽知識及瑜伽教學實踐經驗，透過分析教學和練習技術，學員將掌握進階的瑜伽教學技巧。

R 申請人必須:

- 完成香港高中課程; 或
- 完成香港中學會考課程或具同等學歷
- 及
- 持有按香港大學體制，經香港大學專業進修學院頒授的「瑜伽導師訓練證書」; 或
- 完成瑜伽聯盟標準的 RYT 200 瑜伽導師訓練證書

\$ HK\$39,000
報名費用: HK\$150

D 300 小時

E 粵語

Q 資歷架構級別: 3 資歷名冊登記號碼: 25/000307/L3
資歷名冊登記有效期: 2025年2月1日 - 持續有效

瑜伽導師訓練證書

課程編號: HS175A

報名代碼: 2385-HS175A



2587 3153

serm_sc@hkuspace.hku.hk

本課程為瑜伽練習者、瑜伽愛好者或有志投身瑜伽教學人士而設。課程內容包括瑜伽的起源、歷史和哲學、瑜伽呼吸法、基礎瑜伽解剖學、瑜伽冥想和瑜伽素食等。學生還會學習理解基本姿勢、實習及瑜伽教學重點，從而掌握教授瑜伽課堂的步驟和技巧。完成課程後，符合資格的學生，可以申請註冊成為 RYT200 瑜伽導師。本課程畢業生符合報讀「瑜伽導師訓練證書 (中級)」(HS234A) 資格。

R 申請人必須:

- 年滿 18 歲或以上
- 完成香港高中課程; 或
- 完成香港中學會考課程或具同等學歷。

\$ HK\$30,000
報名費用: HK\$150

D 200 小時

E 粵語

Q 資歷架構級別: 3 資歷名冊登記號碼: 20/000053/L3
資歷名冊登記有效期: 2020年3月1日 - 持續有效

肌力與體能訓練證書

課程編號: HS235A

報名代碼: 2445-HS235A



2587 3154

serm_ad@hkuspace.hku.hk

本課程為已完成體適能訓練課程或擁有相關經驗的學員提供進階學習機會。課程旨在加深學員對體適能訓練的知識和實踐經驗，學員將透過設計、分析和編排有效的訓練方案，從而掌握進階的訓練技巧。

R 申請人必須:

- 完成香港高中課程; 或
 - 完成香港中學會考課程或具同等學歷;
 - 及
 - 完成體適能相關的訓練課程 (資歷架構級別二) 或具同等學歷。
- 申請人若持其他資格，學院將按個別情況考慮。有條件取錄者或需按要求完成一份體適能相關的測驗卷。

\$ HK\$19,200

報名費用: HK\$150

D 4 個月

Q 資歷架構級別: 3 資歷名冊登記號碼: 25/000306/L3
資歷名冊登記有效期: 2025年2月1日 - 持續有效

證書 (單元: SDI 進階歷險潛水訓練)

課程編號: HS250A

2587 3153

serm_sc@hkuspace.hku.hk



本課程旨在協助學員完成 SDI 進階歷險潛水訓練，內容融合「開放水域水肺潛水訓練」和「進階歷險水肺潛水訓練」，確保學員在安全、受控的環境中循序漸進地提升潛水技能。

課程將教授學員有關基本的潛水理論和技巧，熟悉潛水裝備的使用和維護，並在教練的指導下進行多次開放水域潛水練習，最終能夠在無需教練直接監督下進行潛水活動。隨後，進階歷險水肺潛水訓練將進一步提升學員的潛水技能和實戰經驗，課程教授學員如何應對不同的潛水環境和挑戰，提升潛水技能和安全意識，使學員能在更複雜的環境中進行潛水活動。

R 申請人必須:

1. a) 完成香港中學會考課程; 或
b) 完成香港中文憑文憑;
及
 2. a) 能夠在不使用面鏡、呼吸管或任何游泳輔助器材的情況下，連續完成 200 米游泳 #;
或
b) 能夠在使用面鏡、呼吸管和蛙鞋的情況下，連續完成 300 米游泳 #;
及
 3. 能夠在水面持續漂浮 10 分鐘。
- 申請人若年滿二十一歲並具備相關學歷及能力，其申請將按個別情況考慮。
申請人須通過入學測試。

\$ HK\$19,850

報名費用: HK\$150

D 39 小時

E 粵語輔以英語

Q 資歷架構級別: 3 資歷名冊登記號碼: 25/000306/L3
資歷名冊登記有效期: 2025年2月1日 - 持續有效

Certificate for Module (NSCA-Certified Strength and Conditioning Specialist Examination Preparatory Programme)

Programme Code: HS244A

2587 3153

serm_sc@hkuspace.hku.hk

The programme aims to provide students with knowledge of strength and conditioning training and prepare them for the Certified Strength and Conditioning Specialist (CSCS) Examination offered by the National Strength and Conditioning Association (NSCA), United States. It also equips students with the key theories, concepts, and scientific principles of strength and conditioning training, as well as their application to athletic performance.

\$ HK\$5,760

Application Fee: HK\$150

D 36 hours

Q Level 5 (Reg. No.: 25/001371/L5) Validity Period: 01 Dec 2025 - on-going

See legend on page 033 圖像說明於第 033 頁

R Minimum Entry Requirements 基本入學要求 (P.017)

\$ Fee 學費

D Duration 修業期

E Medium of Instruction 教學語言

Q Qualifications Framework 資歷架構

E Exemption 豁免

S Short Course 短期課程

For more and latest programme information, please visit our website
有關最新課程資訊及詳情，請瀏覽學院網站 hkuspace.hku.hk

Certificate for Module (Exercise Support for Healthy Ageing) Programme Code: HS184A

Application Code: 2385-HS184A

2587 3153

serm_sc@hkuspace.hku.hk

The programme aims to provide students with knowledge of the beneficial training effects of exercise and the proper food requirements for healthy ageing. It also aims to introduce the physiological changes, physiological assessment criteria and progress monitoring in exercise programming for ageing and aged clients. Discussion will also cover specific energy and nutritional needs, exercise food strategies, dietary supplements and functional foods that may further enhance the effects of training in active older adults.

HK\$3,600
Application Fee: HK\$150

30 hours

Level 3 (Reg. No.: 20/000586/L3) Validity Period: 15 Sep 2020 - on-going

證書 (單元：拉丁舞初階) 課程編號：HS213A

報名代碼：2390-HS213A

2587 3153

serm_sc@hkuspace.hku.hk

本課程為對拉丁舞有興趣人士、拉丁舞練習者、或有志提升拉丁舞基礎人士而設。課程旨在介紹各種拉丁舞的基本理論、起源、異同和特色，並教授學生拉丁舞(倫巴、恰恰和森巴)的入門基本步法及技巧。

申請人必須年滿 18 歲

HK\$6,000
報名費用：HK\$150

30 小時

資歷架構級別：3 資歷名冊登記號碼：23/000696/L3
資歷名冊登記有效期：2023 年 7 月 1 日 - 持續有效

證書 (單元：運動攝影) 課程編號：HS196A

2587 3153

serm_sc@hkuspace.hku.hk

本課程旨在教授學員運動攝影的基礎拍攝及編輯技術，讓學員掌握運動攝影創作的要素，並能獨立創作以運動為主題的照片圖輯。

申請人必須：
i. 完成香港中學文憑試課程；或
ii. 完成香港中學會考課程；或
iii. 具同等學歷。
申請人若持有其他同等資格和相關的工作經驗，學院將按個別情況考慮。

HK\$3,960

33 小時

資歷架構級別：3 資歷名冊登記號碼：21/001104/L3
資歷名冊登記有效期：2021 年 10 月 1 日 - 持續有效

姿勢 (脊骨) 改良班 課程編號：SPRM9009

2587 3153

serm_sc@hkuspace.hku.hk

本課程除介紹什麼是不良姿勢外，還會介紹什麼是良好姿勢，改善關節活動能力的方法，軟組織放鬆技巧，肌筋膜放鬆法，肌肉能量技巧和肌肉力量訓練動作等。

學員必須 18 歲或以上，並且體格強健。

HK\$2,280
年長學員優惠：HK\$1,824

8 個星期

粵語輔以英語

健健康康上班去系列： 強健肌肉及伸展運動，達致良好體態 課程編號：SPRM9008

報名代碼：2435-1566NW

2587 3153

serm_sc@hkuspace.hku.hk

現今都市人生活繁忙，在工作桌上的工作時更愈來愈長。加上對良好體態的意識及察覺低，最後導致嚴重的肌肉疼痛，甚至需要看醫生及作物理治療。其實這些問題是可以避免的。本課程旨在幫助學員了解良好姿態、運動技巧及鞏固身體特定部份以改良體態。

學員必須 18 歲或以上，並且體格強健。

HK\$2,350
年長學員優惠：HK\$1,880

10 個星期

粵語輔以英語

初級彼拉提健康運動 課程編號：SPRM9006

報名代碼：2385-1977NW

2587 3153

serm_sc@hkuspace.hku.hk

本課程主要介紹彼拉提健康運動 (Pilates) 的基本動作。彼拉提是一種養生運動，透過專注 (concentration)、軸心 (center core)、控制 (control) 呼吸 (breathing)、準確 (precision)、流暢 (flow) 的方式，提高身體力量、柔韌性和平衡。並適合希望藉著深層肌肉訓練及鍛鍊腰腹肌肉來塑造體型與提升運動及活動表現的人士。

學員必須 18 歲或以上，並且體格強健。

HK\$1,840
年長學員優惠：HK\$1,472

6 個星期

粵語輔以英語

靜坐介紹班 課程編號：SPRM9003

報名代碼：2385-2192NW

2587 3153

serm_sc@hkuspace.hku.hk

本課程主要是介紹現今常用的兩種靜坐方式：一是瑜伽的傳統方法，二是佛學的禪修。這兩種靜坐方式，在現今繁忙的都市生活裡，都能使人緩解緊張不安的情緒。本課程以實踐形式去體驗靜坐的好處。

學員必須 18 歲或以上，並且體格強健。

HK\$2,220
年長學員優惠：HK\$1,776

8 個星期

粵語輔以英語

瑜伽 課程編號：SPRM9002

2587 3153

serm_sc@hkuspace.hku.hk

本課程主要介紹「哈達瑜伽」。瑜伽起源於印度，具有悠久的歷史。學習瑜伽的最終目的是要達成身體、精神和心靈的平衡。通過這個課程，學員將學習傳統「哈達瑜伽」的体式、呼吸法和冥想，掌握瑜伽的基本知識及技巧，並明白如何將瑜伽應用到日常生活並開始個人的瑜伽修煉。

學員必須 18 歲或以上，並且體格強健。

HK\$2,220
年長學員優惠：HK\$1,776

8 個星期

粵語輔以英語

NCR1 This is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance, 根據《非本地高等及專業教育(規管)條例》，本課程屬獲豁免課程。It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

NCR2 These are exempted courses under the Non-Local Higher and Professional Education (Regulation) Ordinance, 根據《非本地高等及專業教育(規管)條例》，這些課程屬獲豁免課程。It is a matter of discretion for individual employers to recognize any qualification to which these courses may lead. 個別僱主可酌情決定是否承認這些課程可令學員獲取的任何資格。

NCR3 The course operator is applying for exemption under the Non-local Higher and Professional Education (Regulation) Ordinance, 課程主辦人正根據《非本地高等及專業教育(規管)條例》辦理豁免註冊手續。It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

Sports, Exercise and Recreation Management

體育、運動及康樂

健康之道 – 基礎重量訓練

課程編號：SPRM9147

☎ 2587 3153



✉ serm_sc@hkuspace.hku.hk

隨著年齡增長，肌肉質量與骨密度逐漸下降，導致跌倒風險增加、代謝率降低及生活質素下降。科學研究顯示，重量訓練能有效改善肌力、平衡、骨骼健康及心理狀態。本課程旨在教授安全且有效的科學化重量訓練方法，以實踐形式協助學員提升身體機能、自信心與生活品質，邁向健康、積極的生活。

💰 HK\$2,160

🕒 12小時

太極拳

課程編號：SPRM9001

報名代碼：2385-2146NW

☎ 2587 3153



✉ serm_sc@hkuspace.hku.hk

本課程旨在指導學員通過意識的運作、呼吸的控制、形體的調整及和諧的動作，舒展筋骨，緩解神經緊張，按摩關節，從而達致身心健康，延年益壽。這是一套適合任何年齡人士參加，練習時可站可坐的中國氣功基本保健運動。導師亦會教授學員於練習太極氣功時適用的自然和混合呼吸方法。

📌 學員必須 18 歲或以上，並且體格強健。

💰 HK\$1,500

年長學員優惠：HK\$1,200

🕒 6 個星期

🗣️ 粵語輔以英語

太極拳 – 推手

課程編號：SPRM9149

☎ 2587 3153



✉ serm_sc@hkuspace.hku.hk

太極推手為太極拳的重要實戰訓練方式，透過雙人互動練習，培養身體敏感度、平衡力、協調性與應變能力。本課程旨在教授學員太極推手的基本理論與實踐技巧，提升身心健康與自我防衛能力，並體驗太極拳的內在哲理與動靜合一的修練方式。

📌 對學習太極拳 – 推手有興趣的人士

💰 HK\$1,500

🕒 6 個星期

🗣️ 粵語

少林八段錦

課程編號：SPRM9148

報名代碼：2390-1720NW

☎ 2587 3153

✉ serm_sc@hkuspace.hku.hk

少林八段錦為中國傳統導引養生功法之一，源自少林寺，歷史悠久，簡單易學，具強身健體、調理氣血、舒筋活絡、預防疾病等功效。課程旨在透過系統化教授八段錦動作與呼吸配合，提升學員身心健康，並培養正念與內在平靜。

📌 對學習少林八段錦有興趣的人士

💰 HK\$1,500

🕒 6 個星期

🗣️ 粵語

專項運動按摩工作坊：跑手及毅行者

課程編號：SPRM9137

☎ 2587 3153

✉ serm_sc@hkuspace.hku.hk

跑步風氣盛行，不少跑步愛好者更會參加不同的長途越野賽事，而比賽期間連夜趕路，加上不穩定的比賽環境，導致身體負荷不斷增加，難免會遇到不同程度的受傷，如膝關節痛、足底痛或足踝扭傷等。

📌 學員必須 18 歲或以上。

💰 HK\$1,800

🕒 2 個星期

輕鬆登入，享受個人化體驗

全新HKU SPACE 網站帳戶現已登場



- 快捷活動登記
- 加入書籤
- 比較課程
- 個人化課程推介

See legend on page 033 圖像說明於第 033 頁

📌 Minimum Entry Requirements 基本入學要求 (P.017)

💰 Fee 學費

🕒 Duration 修業期

🗣️ Medium of Instruction 教學語言

📄 Qualifications Framework 資歷架構

🚫 Exemption 豁免

🕒 Short Course 短期課程

For more and latest programme information, please visit our website
有關最新課程資訊及詳情，請瀏覽學院網站 hkuspace.hku.hk